

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

FEBRUARY 4, 2005

MALS-24 gets OT win

Sgt. Jereme L. Edwards
Combat Correspondent

Marine Aviation Logistics Squadron-24 claimed victory by defeating Marine Aircraft Group-24 Jan. 25, 58-52 in intramural action at the Semper Fit Gymnasium.

Both teams hit the court with intensity and a strong desire to win as they faced off center court and awaited the tip-off. However, the first half was dominated by MALS-24.

MALS-24's forward James Phillips started the game off with a bang, knocking down the first shot from just inside the arch to give his team a boost to start off the contest.

They weren't satisfied with just making the first basket. MALS-24, lead by forward Bookan Bruno, lit up the score-board making the score 8-0 within the first two minutes.

Unwilling to let MALS-24 get too far ahead, MAG-24, lead by guard Dan Lee, pulled the plug on their opponents tub of momentum by draining two three from the side. Guard Victor Velez, stealing the inbound pass and taking to the hole, made the score 8-8 with 12 minutes left in the half.

Answering right back to

MALS-24, an onslaught so brutal that if it were a boxing match a spectator could probably relate it to one of Iron Mike's fights — when he was in his prime. Lead by guard Carlos Cocker, MALS-24, looked as if they were going to rip the nets off of their goals by the way the ball snapped through with each shot. They laid down a hailstorm of points from all over their end of the court, making the score 26-14.

MAG-24 had fallen down but were definitely not out as forward Melvin Carter jump-started his team's attempted rally by making a two-pointer. But, it proved to be too little to late as MALS-24 continued their rampage on the basket and closed out the half 30-18.

You could hear the crowd talking about the events of the first half and pretty much counting MAG-24 out, saying the second half would certainly be a harsh re-creation of the first.

The second half proved to be nothing like the first; in fact it was the complete opposite. MALS-24's defense looked lazy, their number of offensive and defensive rebounds decreased

See MALS-24, C-5



Sgt. Jereme L. Edwards

MAG-24 Bulldogs' forward Smoke Thomas rains a three from just outside the perimeter during his teams overtime loss Jan. 25.



Sgt. Jereme L. Edwards

MAG-24 Bulldogs forward Melvin Carter takes the shot from inside the paint over MALS-24's center Van Dorsey for two in intramural basketball action at the Semper Fit Gymnasium.

Demon Deacons trump HSL-37

Headquarters Battalion gets first win of season

Sgt. Jereme L. Edwards
Combat Correspondent

The Headquarters Battalion Demon Deacons beat HSL-37, 35-24 in Intramural Basketball action at the Semper Fit Gymnasium Jan. 25, brining their record to 1 and 4.

After a devastating start to their season, the Demon Deacons seemed to be coming together as a team. The majority of the game resembled a World Wrestling Entertainment match, due to the trouble they had in the foul category.

The Demon Deacons, however, managed to still find a way to begin putting points on the board. After a series of unanswered buckets, lead by center Robert Griffin, the Deacons were up 10 nothing.

HSL-37 struggled to stay in the game early but managed to score two

unanswered buckets stopping the Deacons 10-0 streak, bringing the score to 10-4 with six minutes left in the half.

Although HSL-37 was done, they weren't ready to give up as guards Frank Thomason and Richard Higgins used some great teamwork to drop the three from behind the key and followed it up with a baseline two pointer.

The Demon Deacons lead by Griffin, forward Julian Goodman and guard Antonio Brown attempted to destroy any momentum their opponent may have had, dismantling HSL-37's defense and scoring a volley of points to bring the score to 17-9 at the end of the half.

As the second half began, it seemed as if HSL-37 had just given up, although they were able to sink a few buckets, the Demon Deacons lead by Brown and Griffin took turns hammering in goals on their end of the court. This assault on

the basket made the score board lean even further in their favor, 31-14 with just over four and half minutes remaining in the game.

HSL-37 called a time-out. When they came back on the court, it seemed as if they found new vigor as they began to take advantage of simple mistakes made by the Demon Deacons. HSL-37's center Josh Vonker and Thomason lead the assault and were able to score 10 unanswered points bringing the score to 31-24.

Their success was short lived as early game foul troubles and low time on the clock crushed any chance they had at pulling out a victory. Demon Deacons sank the two, and a last second foul sent Brown to the line giving them two more ending the game 35-24 Demon Deacons.

"We are finally coming together," said Griffin. "We always start off the season real shaky, but we always manage to end up in the playoffs. We have all of our team back now, and the other teams will see as the season progresses that we are definitely a force to recon with."



Sgt. Jereme L. Edwards

Demon Deacon Antonio Brown sneaks a layup past HSL-37's guard Frank Thomason in the Deacons' 35-24 win.

K-Bay Marine dominates E-Club's grappling ring

Cpl. Megan L. Stiner
Combat Correspondent

More than 500 action-seeking spectators crammed into Kahuna's Ballroom Friday to witness Super Brawl's Full Contact Showdown featuring a debut fight between two mixed martial arts contenders.

Steven J. Byrnes, martial art instructor trainer, Regimental Schools, was the only military member to participate in the night's excitement and, according to one of the spectators, the reason why many of the spectators came to watch the fight.

"It was great entertainment watching good fights — with excellent fighters go head-to-

head," said grappling spectator Cpl. Nicholas J. Blanchard, administration clerk, Installation Personnel Administration Center. "A lot of people came specifically to see the Marine fight."

Byrnes became a member of the Bullspen in Kalihi, after a friend recommended him there. Once his trainers saw him fight, they immediately began working with him and preparing him for his debut match.

"Right away we saw his potential," said Dino Fernandez, Byrnes' trainer at the Bullspen. "He had a very aggressive style and he was a very hard worker, we knew he had a

See FIGHT, C-5

Bowling Center improves lanes

Press Release
MCCS Marketing

After a brief hiatus in its usual operations, K-Bay Lanes is back and better than ever. Thanks to the resurfacing of its 24 wooden lanes, bowlers from on and off base have resumed taking part in the prestigious tournaments and fun-filled activities that make this bowling center a great choice for exercise and entertainment.

One of the events that returned to K-Bay Lanes is the Hawaii TV Bowling Tournament, part of the Strike 'em Hawaii's 13-tournament series. On the morning of Jan. 23, K-Bay saw approximately 50 participants sign up for the chance to claim the top spot in this open-singles tournament. It featured three qualifying games, the first of which paired the top 20 bowlers in elimination rounds for the best five pairs. These 10 bowlers then face off individually in the next game in an effort to take the top five spots entitling them to play for the tournament title on television.

After all was said and done, Roy Yamanuha, a Navy retiree, claimed the \$630 prize. Interestingly, K-Bay Lanes is also where Yamanuha received his first title in 1996. The Tournament's return to K-Bay Lanes also marks a first since Sept. 11, 2001, when the base lockdown prevented the comeback of many such events to the bowling center.

Scot Mitamura, Hawaii TV Bowling's "Most Times Consecutive Bowler of the Year," and one of the event's organizers, expressed his interest in bringing back the tournament to K-Bay Lanes, especially now that the wooden lane resurfacing is completed. Wooden lanes draw experienced bowlers to K-Bay Lanes, as this medium is known to improve the quality of the game. The only other facility on Oahu to have this kind of lane surface is located at Barber's Point Bowling Center, on the Leeward side of the island, making the K-Bay Lanes all the more attractive to those looking for a smooth performance on the Windward side.

During this tournament, a "300 Game" award was also presented. Mike Asuncion received a cash prize, a trophy and a bowling ball. In addition, his high score.

The American Bowling Congress considers the equivalent of 12 strikes in a row — an honor score. To commemorate such a feat, the ABC will award him with a plaque, ring and watch. In talking with K-Bay Lanes Manager Deborah Bruns, Asuncion remarked that he will recall this experience as "a perfect day."

Days such as this don't have to be limited to professional bowlers. Bowling enthusiasts of all ages and experience levels, and community groups can make this sport a regular activity. Bruns notes that as of Jan. 20, when she reopened her doors to the community following the completion of the resurfacing, she noticed that bowlers were anxious to get back in.

Proof of the increasing interest is evident with the Commander's Cup Bowling League, which kicked off its season. Currently, 10 teams

See BOWLING, C-5



Cpl. Megan L. Stiner

Steven Byrnes, martial arts instructor, Regimental Schools, wrestles to get himself to victory during Super Brawl's Full Contact Showdown Friday at Kahuna's Ballroom.

BASE SPORTS

Today

All-Female Basketball Needs Members — Civilians, service members and family members interested in playing basketball should call the Semper Fir Center at 254-7590 immediately. MCB Hawaii has created a woman's basketball league on base with held every Thursday and Friday at 6:15 and 7:15 at the Semper Fit Center Gym. The league needs more players to keep from being cancelled. All women interested are welcome to come play, this is not a military only league.

Tuesday

NFL Military Challenge Tryouts — Tryouts for the NFL Military Challenge will be held on Tuesday from 5:30 to 7 p.m. at Pop Warner Field.

From this tryout, a team of six Marines and Sailors from MCBH will be selected to complete in the event being held Feb. 11 at the NFL Pro Bowl Challenge at Kapiolani Park in Waikiki. Skills tested will include passing, receiving, punting and kicking, long snap, and others. For more info call MCCS Athletics at 254-7590.

Saturday

4th Annual HQBN Klipper Surf & Turf 5K Run — Race day is Saturday, at 6:45 a.m. This Commanding General's Semper Fit Series run begins and ends at The Officers' Club and winds throughout the Klipper Golf Course including

stretches down one of MCB Hawaii's panoramic beaches.

Grab a form at the Semper Fit Center today for race-day registration. Sign-up fees are \$17.

Awards to the top three finishers overall will be awarded as well as to the top finishers in each age group in both men's and women's categories. Refreshments will be provided by Gatorade.

For more information, contact MCCS Athletics at 254-7590 or 254-7636 between 8 a.m. and 4 p.m.

Feb. 11

Youth Activities Sports Registration Deadline — This is a call for all MCB Hawaii youth to get up, get active and get healthy! MCCS Youth Activities is currently registering youth for baseball, Hawaii Sports Youth League and Kainalu Little League, wrestling, volleyball and in-line hockey. Sign up at Youth Activities in Building 5082 Monday through Friday, until Feb. 11 from 9:30 a.m. until 5 p.m., or call 254-7610.

Camp Smith and Manana Housing Youth Activities programs are also available. Give them a call at 456-1662.

Feb. 14

Co-Ed Softball Coaches Meeting — Swing by the Semper Fit Center next Monday for an organizational meeting for MCCS Intramural Softball. The meeting will be held at 2 p.m. Contact MCCS Intramural Sports at 254-7591 for information.

Ongoing

Pro Bowl Tickets On Sale at Information, Tickets and Tours — Grab your Pro Bowl tickets while they're available! Ticket prices range from \$37 to \$103 depending on seating. Call the ITT office at 254-7563

Campground & Picnic

Sites — For picnic and camping sites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase are available by reservation for picnics and parties from dawn to dusk. Hale Koa Beach may also be reserved for overnight camping. All beaches have picnic pavilions and barbecue grills.

Reservations are required. For reservations, call 254-7666 for Kaneohe or 477-5143 for Camp Smith.

Semper Fit Center Offers it All — The Semper Fit Center has an aerobic class for anyone and everyone trying to meet that New Year's resolution. Check out as many of the following programs as you would like; Yoga, Cycling, Tai Chi, cardio-Kick, Gut Cut, Step-Challenge, Water Aerobics, Pilates, Marathon Training and much, much more.

For class information, call the Semper Fit Center at 254-7597.

Gone Fishin' — Join Mahalo Kai Fishing Charters for a day beyond the bay. Located at the Base Marina, the charter contractor now has two

different boats to accommodate all of your fishing needs.

Check out its newest boat, the Bill Collector, built for charter fishing at its finest and most comfortable.

Call 254-7667 for more details.

Inexpensive, Fun Entertainment

Look no further for economical Mondays through Thursdays, all E-5 and below can receive free rental shoes and discounted games at only \$1.50 a game. This discount is good for open play, but does not qualify for tournaments, leagues or unit functions. Call the K-Bay Lanes at 254-7693 to get the spin.

Color Pin Special — Every Wednesday, roll a strike. When a colored pin is in the headpin position you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win! Call the K-Bay Lanes 254-7693.

Parents for Fitness — This cooperative baby-sitting effort is available at the Semper Fit Center for children ages 6 weeks and older.

All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month. Call 235-6585 for more information.

Paintball Hawaii — Nestled behind the Lemon Lot, by the intersection of Harris Road and Mokapu Road, stands Paintball Hawaii. Shoot over for the great deals and have a

Intramural Sports Standings

Women's Basketball	W	L
K-Bay	4	2
Camp Smith	3	3
PACOM	1	5
HQBN	1	5
Men's Basketball	W	L
MALS-24	5	0
HSL-37 "Easy Riders"	5	0
CSSG-3	1	0
VP-47 "Terror Squad"	5	1
MAG-24	5	3
MCAF	3	3
HQBN "Demon Deacns"	1	4
3rd Marine HQ	1	3
3rd Radio Battalion	1	5
HSL-37 "EZ-2"	0	4
1/12	0	5
Baseball	W	L
MAG-24	3	0
VP-9	2	0
HQBN	2	1
VPU-2	1	3
1/12	0	0
VP-47	0	3

*Standings are current as of Monday.

Surf skills abound at Pyramid Rock

Ed Hanlon V
MCCS Marketing

"I've spent most of my entire life surfing — the rest, I've wasted."

— Unknown

Waste no more time, sign up now for the Pyramid Beach Surf Showdown. It's going to be more than just fun in the sun when surfers come from across the base community to show their surf-worth at the first intramural surf meet of 2005. The meet hits the beach Feb. 19, from 7 a.m. to 5 p.m., and is open to military of all services, dependents and DoD cardholders.

"The Surf Showdown is all ultimately all about bragging rights aboard the base," laughed Dino Leonard, MCCS Water Safety Assistant Manager. "However, it's also a great event for everyone — whether they're participating or watching," he added. "You get to spend the day at one of the windward side's greatest beaches, and we'll entertain you."

The competition divisions include youth surfing and body boarding for dependents ages 14 years and under as well as contestants age 15 to 9 years. Amateur surfers can battle it out in the



Cpl. Megan L. Stiner

Brandon Ritz competes in a surf contest aboard MCB Hawaii, Kaneohe Bay, Sept. 25. This year's Pyramid Beach Surf Showdown is set to hit the beach Feb. 19.

See *SURF*, C-5

COMMUNITY SPORTS

HTMC Plans Mokuleia Hike

Sunday, join the Hawaiian Trail and Mountain Club on a 7-mile, intermediate hike on the Waianae coast.

After climbing the switchbacks, the course will vary from the usual route. Follow the directions and the ribbons, to insure a safe and timely return.

Reach coordinator Stuart Ball at 247-5380 for detailed information.

Hikers should meet at Iolani Palace at 8 a.m. for the hike. A \$2 donation is requested for each nonmember, age 18 or over. A responsible adult must accompany children under 18.

Bring lunch and water on all hikes, and wear sturdy shoes and clothing. Firearms, pets, radios, and other audio devices are prohibited on hikes.

Check out the HTMC Web site at www.geocities.com/Yosemite/Trails/3660 for more information.

2005 Sports Car Racing Gears Up

The Hawaii Region Sports Car Club of America will host six major races in 2005 and Solo II races on both Oahu and Maui.

Solo II, or Autocross, is held at the Hawaii Raceway Park at Campbell Industrial Park on Oahu and costs \$25 per driver. About 70 to 90 cars, from stock vehicles to racecars, normally compete. The event is purely amateur but anybody can participate.

Each driver receives four runs through the sports car course, and the driver with the single fastest time in the class wins.

Points acquired throughout the year accumulate for prizes and trophies presented at year's end. Minimum participation in more than half of the year's races is required to be in the running for points and the run-off championship.

Races are scheduled as follows: Feb. 6, March 6, April 3, May 1, June 5, July 3, Aug. 14, Sept. 18, Oct. 2, Nov. 13 and Dec.

26. For more details, call Curtis Lee at 262-5987.

The Wheel-to-Wheel and Solo I racing events are regional sports car races at Hawaii Raceway Park. All drivers must pass a driver's school to obtain a competition license, as the cars are raced at speeds of up to 140 mph, and passing is permitted.

Both the driver and vehicle must comply with a number of safety features before they are granted race entry.

Future races will be on the following dates: March 25, May 15, July 10, Sept. 5 and Nov. 26. For more details, call Ed Hollman at 488-1782.



Great Aloha Run set for Feb. 21

Hundreds of runners have already registered for the 21st annual Great Aloha Run. Annually, the 8.15-mile "fun run" brings in more than 20,000 runners from Hawaii, the U.S. Mainland and overseas to raise funds for more than 100 charitable organizations, community groups and elderly care in Hawaii.

The Feb. 21, President's Day, race starts at Aloha Tower Marketplace, following Nimitz Highway, and ends at Aloha Stadium.

Race fees are \$18 for children 12 and under and adults 65 and older, and \$25 for individual and team runners. After Jan. 21, entry fees raise to \$30 for adults. Registration forms can be obtained at the Running Room, Runners HI, Runners Route, Sports Authority, Tesoro Gas Stations and all health and fitness centers. Log on to www.GreatAlohaRun.com for information.

2005 Perimeter Run Gets Underway

Seven-member teams will trek approximately 134 miles in 35 legs of varying lengths to complete the 2005 Perimeter Run around

Oahu. The race will begin at Neil S. Blaisdell Park in Aiea, and runners will travel counterclockwise around the island.

Competitors will start at various times, from 7 to 11 p.m., Feb. 26.

Entry fees are \$350 through Tuesday, and \$400 thereafter. Entries are limited to 125 teams. Entry fees must be submitted by midnight on the dates stated above. There is no guarantee of team enrollment if entry is received after Monday. All entry fees are non-refundable.

Each runner receives a T-shirt and a finisher's award. T-shirts for support crew may be ordered using the entry form at \$10 per shirt. Payment for extra shirts must be submitted with entry fees. Athletes can register online at www.Active.com. or call 589-2646 for more information.

Straub/Kapiolani Women's 10K

For 28 years, women of all ages have come together in a celebration of friendship and good health at the Straub/Kapiolani Women's 10K. Elite runners, serious runners, race walkers, beginners and recreational walkers participate in this race. Mothers and daughters, students, the military and visitors have made the Straub/Kapiolani Women's 10K a tradition.

Registration fees for the March 6 race are \$25 through Feb. 28 and \$30 at packet pickup. Packet pickup is March 5 at NikeTown, 2080 Kalakaua Ave. from 10 a.m. until 4 p.m. or race day at Kapiolani Bandstand from 6 to 6:45 a.m.

Volunteers are also needed to make this event a success.

Runners can register online at www.active.com. Runners and volunteers can also get registration forms from www.straubhealth.com/events/index.asp. Call 522-4395 for more information.

Ft. DeRussy to Host Biathlon

Registration has begun for the 2005 Ft.

DeRussy Biathlon and Keiki Run-Swim-Run. The March 12 race will start with the adults at 7 a.m. and the children at 8:20 a.m.

Athletes can choose between the long course, a 5K run followed by a 1K swim, and the short course, a 2.5K run followed by a 500M swim, along Waikiki's finest beach. Keiki distance course will be a run, swim, run format, with distances varying by age group.

Entry fees are \$18 for individual runners, \$16 for students and \$15 for military.

Register online at www.Active.com or call 955-9151 for more information.

Registration Open for 2005 JAL Honolulu Triathlon

Registration for Honolulu's premier triathlon — the 2005 JAL Honolulu Triathlon — is now open online at www.honolulutriathlon.com.

The amateur race will be held April 17, and will begin and end at Kapiolani Park. Mail-in registration forms can also be found in Athletes Hawaii Magazine, which is available at most Hawaii sporting goods stores.

The registration fee is \$75 for individuals and \$100 for teams until Feb. 28. After Feb. 28, the registration is \$100 for individuals and \$125 for teams.

For more information, visit the JAL Honolulu Triathlon Web site at www.honolulutriathlon.com.

Bellows Offers Adventure Programs

Whether you are spending a few weeks or just visiting for the day, check the weekly Bellows Outdoor Adventures programs.

For program information, call the Turtle Cove office at 259-4121 from 8 a.m. to 8 p.m. or visit www.bellowsafs.com.

Hawaii Marine Accepts Briefs

Advertise sports and recreational activities of interest to the DoD community by e-mailing items to editor@hawaiimarine.com, calling the *Hawaii Marine* staff at 257-8836 or 257-8837 or by faxing items to 257-2511.



The Bottom Line

Editor’s Note: “The Bottom Line” is the **Hawaii Marine’s** weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America’s one true obsession — sports. Chances are you’ll either agree with one of their takes or disagree with both. The **Hawaii Marine** welcomes your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send “Readers Strike Back” comments to editor@hawaiimarine.com. Remember, “**If you don’t speak up, you won’t be heard.**”

Who will be the Super Bowl champions?

Sgt. Joe Lindsay
The Goat

If there are still any non-believers out there who doubt the New England Patriots penchant for winning, then chances are they probably grew up on a steady diet of cheese steak as a kid before graduating to drinking beer heavily on fall Sundays.

The Goat understands all about delusion when it comes to being a sports fan. That’s why clichés about the Raiders, As and Warriors being “still not out of it,” or having a chance “to really turn it around next year” become familiar phrases in The Goat’s pen.

The deluded, however, have a keen ability in spotting others who share a similar affliction. That is why it is so easy to notice a Philadelphia Eagles fan. They’ve got that “pass-the-fruit-punch-isn’t-Jonestown-Guiana-lovely-this-time-of-year” look.

Make no mistake; Philadelphia is a good, solid and decent football team. But they are not a great team by any stretch of the imagination. New England, on the other hand, is one of the finest examples of the word “team” that has ever been assembled in any sport.

When one player goes down, another steps up. This happens time and time again with the Patriots. Their parts are seemingly

interchangeable, and no matter what, they find a way to win.

Bill Belichick is 9-1 in the post season. The only other coach with those kind of credentials in the playoffs is the legendary Green Bay Packers coach Vince Lombardi. His quarterback, Tom Brady, is 8-0 in the post season. Lombardi’s quarterback, Bart Starr, is the only quarterback to have won more consecutive post-season games.

Let’s put this in perspective. Belichick is being compared to Lombardi and Brady to Starr. Who is Philly being compared to? The answer is nobody. All the media hype around the Eagles either centers around “Is Terrell Owens going to play?” or “When will Freddie Mitchell stick his foot in his mouth again?”

Bottom Line: The Patriots won Super Bowl XXXVI over St. Louis, 20-17. Then, last year, they beat Carolina, 32-29, in Super Bowl XXXVIII. Adam Vinatieri kicked game winning field goals in both games, and Tom Brady looked every bit the Joe Montana role he was playing. The Patriots have a chance to become the first team to win three Super Bowl in four years. Maybe “chance” isn’t the right word. New England leaves nothing to chance. Words like “destiny” and “dynasty” have a better ring to them.

Capt. K.D. Robbins
The Professor

For those new to The Bottom Line, a review is enclosed below. For those loyal readers, you know where your bread is buttered. Alas, The Bottom Line’s Super Bowl preview is here.

It is so cliché to refer to a team as “hot.” After all, neither New England, nor Philadelphia would be in Jacksonville if the situation were otherwise. So, throw that argument out the door. In the end, it will boil down to two things: Players and plays.

A closer look: New England Patriots
Players: Don’t let the “team” hype distract you. The Patriots have a number of key performers. Sure, Ted Bruschi was a Pro Bowl snub. But, no one, especially his old friend Peyton Manning will argue that “Teddy” has game. Bruschi can add Rodney Harrison, Mike Vrabel, Corey Dillon and Joe Andruzzi to his Pro Bowl snub BBQ guest list. That said, with Pro Bowlers Tom Brady, Richard Seymour and Adam Vinatieri headed to Hawaii, the façade that New England lacks “superstars” is just that, a façade.

Plays: Who has made bigger plays than the Patriots? No one. History is on the Pats side. Vinatieri’s last second field goals;

Brady’s mythical status and Ty Law’s man-handling of receivers ensure that despite the blue-collar attitude, New England is certain to provide a few SportsCenter high-lights.

An even closer look: Philadelphia Eagles
Players: It seems that the “team” hype is contagious. Those who label the Eagles as lunch pail just ain’t watching. The Eagles are led by nine Pro Bowlers: Donovan McNabb, Tra Thomas, T.O., Jerimiah Trotter, Lito Sheppard, Michael Lewis, Brian Dawkins, David Akers and Ike Reese. “Lunch pail?” Are you crazy?

Plays: No connection has been more lethal than D-Mac to T.O. Unless, of course, D-Mac to Bryant Westbrook. The Eagles offense is 2-0 in the playoffs without T.O., with offensive numbers a mirror image A.T.O. (after T.O.) Expect even a 75 percent T.O. addition to the potent Eagles arsenal to bewilder an over-pursuing Bill Belichick scheme.

Bottom Line: September 3. “The mighty Patriots fall ... Eagles beat the Colts in the Super Bowl. McNabb is MVP.” The Colts were a dome away from The Professor changing his name to “The Prophet.” Don’t doubt this one: Eagles 31, Patriots 27.

READERS STRIKE BACK

‘McKay responded “I’m in favor of it”.’

Dear Bottom Line,

Left off from the greatest sports quotes in history is the following:

The Tampa Bay Buccaneers lost at least ten games in 17 of their first 21

seasons, including 12 straight from 1983 to 1994. After a particularly dismal effort in the late 1970’s, longtime Buc’s coach John McKay gave perhaps the quintessential comment on the organization’s plight: A reporter asked

McKay about his team’s execution during the game. McKay responded "I'm in favor of it".

**Semper Fidelis,
Rick A. Kirby**

New Marine loses more than 150 pounds

Sgt. Rob Henderson
8th Marine Corps District

RECRUITING STATION FORT WORTH, Texas — Unfortunately, there’s no magic pill for weight loss, but there is a formula. For one



Sgt. Rob Henderson

Pfc. Jeremy W. Helton, recruiter’s assistant, Recruiting Sub-Station Lewisville scans the side-walks in front of his recruiting office for potential applicants. Helton lost more than 150 pounds through diet and exercise to become a Marine.

new Marine, following the formula of eating right and exercising led him, 155 pounds lighter, to the healthiest point in his life.

Although Pfc. Jeremy W. Helton’s lifestyle, before joining the Marine Corps, was no laughing matter, he can now look back and smile.

"The first time I ran, I couldn’t even use a watch to keep time," joked Helton, now serving as a recruiter’s assistant, Recruiting Sub-station Lewisville, Texas. "I had to use a calendar."

At his heaviest point during high school, Helton, a native of Little Elm, Texas, weighed 340 pounds. He admits students at school picked on him because of his girth and while the teasing bothered him, it was a personal desire to be a Marine that made Helton take action.

"I always felt different because I was fat," said Helton. "I decided to join the Marine Corps, but I knew I needed to lose weight first."

Before darkening the local recruiter’s door, Helton committed himself to a low-calorie diet program and started running and lifting weights. He shed nearly 50 pounds before January when he met Sgt. Steve Flores, a local

recruiter in Lewisville.

"I picked the tag for Physical Fitness as my first choice when Sergeant Flores was interviewing me," said Helton. "All of them were good choices, but physical fitness was my first priority."

When Helton entered the Delayed Entry Program he weighed roughly 290 pounds. Once he took that first step to becoming a Marine, Flores stepped in to help. "I came up here every single morning, and one of the recruiters, usually Sergeant Flores, would go running with me," said Helton. "It really showed me how Marines take care of each other."

In July, Helton shipped out to Marine recruit training at Marine Corps Recruit Depot, San Diego, Calif. When he boarded the plane, his weight had plummeted to 225 pounds. From there, the drill instructors took over.

Assigned as a "diet recruit" upon arrival at recruit training, Helton’s caloric intake was closely monitored by Marines aboard MCRD. Diet recruits are given the same portions of food as other recruits, but they are not allowed

any sweet or fatty foods.

"It was hard being a diet recruit in boot camp," said Helton. "Sometimes your body just wants a piece of cake."

Although the lack of sugar was a big challenge for him, the small sacrifice was worth the reward on graduation day. At 185 pounds, Helton was unidentifiable to even those who know him best.

"My own mother didn’t even recognize me at graduation," said Helton. "She walked right past me. She’s proud, and she thinks it’s awesome I have lost this weight. I’ll tell you, I couldn’t have done it without Sergeant Flores, though."

For his part, Flores refuses any of Helton’s praises. The day he met Helton, Flores saw a determined young man who wanted something more from life and was willing to work for it.

"I believe anyone can become a Marine and deserves a chance to try," said Flores, a native of Brooklyn, NY. “He was really overweight, but

See WEIGHT, C-5

21st Dental gives the low down on cavities

Navy Capt. David Prusakowski
21st Dental Company

The 21st Dental Company encourages service members, their families and DoD personnel of Marine Corps Base Hawaii to take action now to help prevent oral health diseases. During February, National Children’s Dental Health Month, 21st Dental takes a look at tooth decay.

What is tooth decay, and what causes it?

Tooth decay is the disease known as caries or cavities. Unlike other diseases, however, caries is not life threatening and is highly preventable, though it affects most people to some degree during their lifetime.

Tooth decay occurs when your teeth are frequently exposed to foods containing carbohydrates — starches and sugars — like soda pop, candy, ice cream, milk, cakes, and even fruits, vegetables and juices. Natural bacteria live in your mouth and forms plaque. The plaque deposits left on your teeth from sugary and starchy foods produce acids. These acids damage tooth enamel over a period of time by dissolving, or demineralizing, the mineral structure of teeth, producing tooth decay and weakening the teeth.

How are cavities prevented?

The acids formed by plaque can be counteracted by simple saliva in your mouth which acts as a buffer and re-mineralizing agent. Dentists often recommend chewing sugarless gum to stimulate your flow of saliva. However, though it is the body’s natural defense against cavities, saliva alone is not sufficient to combat tooth decay.

The best way to prevent caries is to brush and floss regularly. To rebuild the early damage caused by plaque bacteria, we use fluoride, a natural substance that helps to re-mineralize the tooth structure. Fluoride is added to toothpaste to fight cavities and clean teeth. The most common source of fluoride is in the water we drink. Fluoride is added to most community water supplies and to many bottled and canned beverages.

If you are at medium to high risk for cavities, your dentist may recommend special high concentration fluoride gels, mouth rinses, or dietary fluoride supplements. Your dentist may also use professional strength anti-cavity varnish, or sealants — thin, plastic coatings that provide an extra barrier against food and debris.

Who is at risk for cavities?

Because we all carry bacteria in our mouths. Everyone is at risk for cavities. Those with a diet high in carbohydrates and sugary foods and those who live in communities without fluoridated water are likely candidates for cavities. And because the area around a restored portion of a tooth is a good breeding ground for bacteria, those with a lot of fillings have a higher chance of developing tooth decay. Children and senior citizens are the two groups at highest risk for cavities.



What can I do to help protect my teeth?

The best way to combat cavities is to follow three simple steps:

1. Cut down on sweets and between-meal snacks. Remember, it’s these sugary and starchy treats that put your teeth at extra risk.

2. Brush after every meal and floss daily. Cavities most often begin in hard-to-clean areas between teeth and in the fissures and pits — the edges in the tooth crown and gaps

See **TEETH**, C-5

Visit the *Hawaii Marine* online at www.mcbh.usmc.mil.

Flossing is still key to prevention

Press Release
American Dental Association

While some study results indicate the use of a mouth rinse can be as effective as flossing for reducing plaque between the teeth, the American Dental Association recommends to brush twice a day and clean between the teeth with floss or interdental cleaners once each day to remove plaque from all tooth surfaces. Plaque is responsible for both tooth decay and gum disease.

Regarding the studies, the authors concluded that in patients with mild to moderate gingivitis, early periodontal gum disease, rinsing twice a day with the antiseptic mouth rinse was as effective as flossing for reducing plaque and gingivitis between the teeth. The studies did not examine whether the mouth rinse had the same effect as floss on reducing tooth decay or periodontitis, advanced periodontal gum disease. Flossing and interdental cleaners also help remove food debris caught between teeth that may not be rinsed away.

The ADA recommends the following for good oral hygiene:

- Brush your teeth twice a day with an ADA-accepted fluoride toothpaste.
- Clean between teeth daily with floss or an interdental cleaner. Decay-causing bacteria still linger between teeth where toothbrush bristles can’t reach. Flossing removes plaque and food particles from between the teeth and under the gum line.
- Eat a balanced diet and limit between-meal snacks.
- Visit your dentist regularly for professional cleanings and oral exams.

Talk with your dentist about what types of oral care products will be most effective for you. The ADA seal on a product is your assurance that it has met ADA criteria for safety and effectiveness. Look for the ADA seal on fluoride toothpaste, toothbrushes, floss, interdental cleaners, oral irrigators, mouth rinses, and other oral hygiene products.

Replace your toothbrush every three or four months, or sooner if the bristles become frayed. A worn toothbrush will not do a good job of cleaning your teeth. Children’s toothbrushes often need replacing more frequently than adults because they can wear out sooner.

FIGHT, From C-1

future fighting, and so we got him a spot in Super Brawl to see how he would do.”

Byrnes, a Brunswick, Ohio native, began training at the Bullspen for three to four hours a day, six days a week and trimmed down to 185 pounds for his fight against Jesse Rangel.

“I haven’t weighed 185 pounds since high school,” admitted an adrenaline-rushed Byrnes to the crowd minutes after winning his fight.

Being the second to last fight gave Byrnes the opportunity to feel out the crowd and get himself pumped up before he was called into the ring. But the real applause began just seconds after the fight began when Byrnes took full control of the fight.

“I expected him to do well. To win,” said Fernandez, a Kauai, Hawaii native. “We trained hard and it showed during the fight.”

His first move was a kick to Rangel’s chest, which seemed to knock the wind out of him and gave Byrnes an opportunity to make his move. In seconds, the two fighters were on the ground. After wrestling for a few more seconds, Byrnes came out on top of Rangel. Byrnes pinned Rangel to the ground and began to punch him with his right hand. Within seconds, he had both fists in the air and was wailing down on Rangel’s face. The referee jumped in and broke up the fight, declaring Byrnes the winner by submission by strikes.

The entire fight lasted only one and a half minutes before Byrnes fist was raised in victory.

“It was an amazing feeling,” exclaimed Byrnes. “As soon as I walked into the ring the crowd gave me energy, and I got an adrenaline rush. I felt as if there was another person in the ring fighting with me. The crowd was great.”

Byrnes intended to win the fight and said there wasn’t a time he wasn’t confident he would be the one to walk away with the win.

“I saw Jesse for the first time at the weigh-ins, and I knew right then I was going to win,” he explained. “I knew I was both physically and mentally prepared to fight,” said Byrnes. “When he and I made eye contact for the first time, I could see it in his face that he wasn’t as ready as I was.”

Byrnes plans to continue to fight and train at the Bullspen with his current coaches, Fernandez and Jesse Saribay.

“I want to go as far as I can as a fighter,” said Byrnes. “I am just going to keep on doing this until it stops being fun.”

WEIGHT, From C-3

there was something different about him. He had the drive, a real determination, to accomplish his goals, and he did by his own hard work.”

Helton will soon leave Texas for Marine Combat Training at Marine Corps Base Camp Pendleton, Calif. He is slated to attend the Basic Cannon Crewman Course at Fort Sill,

TEETH, From C-4

between teeth. Hold the toothbrush at a 45-degree angle and brush inside, outside and between your teeth and on the top of your tongue. Be sure the bristles are soft, not bent, and replace the toothbrush after a few weeks to safeguard against reinfecting your mouth with old bacteria that can collect on the brush. Only buy toothpastes and rinses that contain fluoride — antiseptic rinses also help remove plaque — and rinses that bear the American Dental Association seal of acceptance logo on the package. Children under six should only use a small pea-sized dab of toothpaste on the brush and should spit out as much as possible because a child’s developing teeth are sensitive

BOWLING, From C-1

have signed up and there is room available for two more. From Jan. 24 through June 27, the mixed foursome teams can earn bragging rights against other units and earn points good toward the Commander’s Cup competition. Each bowler must work in the same shop, activity or be a family member of one of the workers. Bowlers must be stationed or be a DoD civilian employee at MCB Hawaii Kaneohe Bay or Camp Smith. The League plays Mondays at 6 p.m.

Another event on the horizon is the Military Intraservice Tournament that is scheduled for March 16, at K-Bay Lanes. Both active duty and reservists of any branch, male or female, and even spouses can take part in the event, the second in a series of four events each taking place at a different base.

All-time K-Bay Lanes favorites are still available. “Semper Xtreme Bowling,” during which a combination of blacklights, hazers and strobes create a synchronized light and sound show, is the perfect opportunity for families to come out and play a few games under challenging but fun-filled conditions. For children ages 3 through 7, bumper lanes are available to keep the game comforting and tantrum-free.

K-Bay Lanes is also a popular venue for a

MALS-24, From C-1

drastically. MAG-24 hit the court in the second half with a newfound vengeance and took advantage of every mistake MALS-24 made.

MAG-24 rallied a fierce comeback, using their entire team, lead by guard Dan Lee, who seemed to single-handedly dismantle MALS-24’s defense every time he got within range of the basket. The hard work paid off as the clock wound down. Lee hit a difficult two-pointer around his defender and drew the foul for the three-point-play, tying the game 47-all and pushing it into overtime.

Both teams hit the court more determined than ever to go home with the victory. MAG-24’s forward Christian Gonzales started it off by draining a three from the perimeter and drawing the foul for the four-point play. As fate may have it, MALS acquired a technical foul due to some unmentionable frustration from the sideline. Nonetheless, Gonzales and his team got five points on the play, making the score 52-47.

Adrenaline pumping and seeing defeat on the horizon, MALS-24 reclaimed the court with authority. Rallied by center Van Dorsey, forwards Curtis Burlisson and Cocker, they unleashed a wave of bounds on the basket from in and outside the key to clinch the lead and victory for their team, 58-52.

“Most of the game, we played defense and kept the pressure on offense,” said Dwayne McCarther, MALS-24 coach. “We slacked off in the second half which lead to the loss of a 12-point lead at the half and overtime. We kept our spirits high and our heads in the game and were able to walk away with the victory.”

Okla., to become a Field Artillery Cannoneer.

It took a lot of hard work for Helton to get down to his target weight, but he’s confident he will stay there.

"I've changed my lifestyle, so I don't think the weight will come back as long as I maintain," said Helton. "This chapter, the weight-loss chapter of my life, is closed now, and I'm just ready to get in the field and do what Marines do."

to higher fluoride levels. Finally, because caries is a transmittable disease, toothbrushes should never be shared, especially with your children.

3. See your dentist at least every six months for checkups and professional cleanings. Because cavities can be difficult to detect, a thorough dental examination is very important. If you get a painful toothache; if your teeth are very sensitive to hot or cold foods; or if you notice signs of decay like white spots, tooth discolorations or cavities, make an appointment immediately. The longer you wait to treat infected teeth the more intensive and lengthy the treatment will be. Left neglected, cavities can lead to root canal infection, permanent deterioration of decayed tooth substance and even loss of he tooth itself.



Photo Courtesy of C. Watanabe

Roy Yamanuha, Hawaii TV Bowling Tournament winner, receives a trophy from K-Bay Lanes Manager Deborah Bruns as Daryl Okumoto, representing Pyramid Insurance, the event’s sponsor, looks on.

great meal. Kingpin Café offers grilled items including hot dogs, burgers, and local-style plate lunches. The Bowling Pro Shop is also located at K-Bay Lanes and carries the latest in

bags, balls, shoes and accessories for bowlers of all levels.

For more information on any of these activities or to sign up, call K-Bay Lanes at 254-7664.



Sgt. Jerome L. Edwards

MAG-24's guard Dan Lee drains the three from the perimeter during the game against MALS-24 Jan. 25 at the Semper Fit Center.

You Drink.
You Drive.
You Lose.

Alcohol-related motor vehicle crashes kill someone every 31 minutes and nonfatal-ly injure someone every two minutes.

— National Highway Traffic Safety Administration

SURE, From C-2

Men’s Division, 18 to 30 years; Men’s Masters, 31 and up; the Women’s Open, all ages; the Men’s Longboard Division, all ages; and the Women’s Longboard Division, all ages.

The entry fee is \$15 for adults, \$10 for youths; however, day-of-event entries will be charged an additional \$10 fee. Each additional division that surfers decide to join will cost an additional \$. Awards will be presented to the first-place winners in each division.

Entry forms can be found and dropped off at the MCB Hawaii Base Pool, Building 274, as well as at the beaches. Surfers may also register at the meet.

“We designed the Surf Showdowns to give our military active duty the same opportunities to compete aboard base as they would outside of the gate.

“Come down to participate or spend the day with your toes in the sand, checking out the action. Grab your boards, towels, and coolers, and check us out.” said Leonard.

“There aren’t many surf meets on this side of the island, so we expect a great crowd.”

For more information, contact MCCA Aquatics at 254-7655.

